

Are you experiencing  
domestic violence or abuse?



You do have choices.  
We can help.

Contact us for:

- Confidential advice
- Support and information
- Access to emergency accommodation



a cknowledge it's happening

Call it by its name

tell someone

0844 375 4307

Monday to Friday, 9.00am to 5.00pm  
email: [info@MK-ACT.org](mailto:info@MK-ACT.org)

# MK ACT offers:

**Free confidential advice and help** by phone, email or appointment. Our specialist domestic violence advisors will listen to you and can advise on any aspect of domestic abuse, including safety planning whether you wish to leave or stay at home. We can offer you support through the court process if required. We also have an advisor conversant with Asian languages and culture and we can access interpreters for other languages.

**Housing, Health and Legal advice** from Milton Keynes Council, Milton Keynes NHS Trust and local family law specialists.

**Temporary accommodation** for women and children escaping abuse. Women's and children's support staff are available, as well as a counselling service and resettlement support including move-on accommodation.

*We know that domestic violence can be present in any intimate relationship and in every part of the community. Our staff will always treat you with respect.*

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Police emergency:	999
Thames Valley Police (24 hours):	0845 8505 505
National Domestic Violence Helpline (24 hour freephone):	0808 2000 247
Social Services (Out of Hours):	01908 265545
Police Domestic Abuse Unit:	01908 276103
MK Council Homeless Team:	01908 253481
Relate:	01908 310010
Milton Keynes Council:	01908 691691
Forced Marriage Unit (Foreign Office):	02070 080230
MALE (Men's advice line):	0845 064 6800
Broken Rainbow (LGBT helpline):	0845 260 4460
Samaritans:	0845 790 9090
Respect Phoneline (abusers who want to stop):	0845 122 8609
National Stalking Helpline:	0300 636 0300